

---

# COUGAR RUMBLE

---

## MIDDLE SCHOOL TRACK AND FIELD



---

COACHES AND PARENTS - WE WANT TO HEAR FROM YOU! SHARE PHOTOS, TRAINING UPDATES, GAME SCHEDULES, SEASON PLAY, VICTORIES, ETC. WE WANT TO SHARE ALL THE GOOD NEWS, EXCITING HAPPENINGS, UPCOMING EVENTS, AND ATHLETICS CELEBRATIONS HERE. PLEASE EMAIL PHOTOS AND ANNOUNCEMENTS TO [KATE@KBCOOKWEDDINGS.COM](mailto:kate@kbcCookWeddings.com). INFORMATION WILL BE COMPILED AND SHARED VIA THE COUGAR.

# MIDDLE SCHOOL TRACK AND FIELD

The Middle School Track and Field Team had their second meet on Sunday, March 23rd at Zachary High School.

The Junior Girls placed 2<sup>nd</sup> again in their division and the Junior Boys placed 5<sup>th</sup> again!!

Hartley Cook tied the school record this weekend in Junior Girls Shot Put!

The following athletes scored points for our team:

## **JUNIOR DIVISION**

Hartley Cook - 1<sup>st</sup> Place in Discus and 4<sup>th</sup> Place in Shot Put

Stella Zaunbrecher - 1<sup>st</sup> Place in Long Jump, 2<sup>nd</sup> Place in 100m Dash, 2<sup>nd</sup> Place in 4x100 Relay and 4x200 Relay

Peyton Smith - 3rd Place in 200m Dash, 2<sup>nd</sup> Place in 4x100 Relay

Molly Luke - 2<sup>nd</sup> Place in 1600m, 3<sup>rd</sup> Place in 800m and 4x200 Relay

Vanessa Armas-Fisher and Ryleigh Sanders - 2<sup>nd</sup> Place in 4x100 Relay and 4x200 Relay

Audrey Buttross, Annie Bourgeois, Caroline Owens, and Andi Baker 4x200 relay

Nathan Waggenpack - 2<sup>nd</sup> Place in 800m and 3<sup>rd</sup> Place in 1600m

Roman Blanche - 3<sup>rd</sup> Place in 800m

Ty Prather - 6<sup>th</sup> Place in 1600m

RJ Broderick, John David Moses, Jack Ryan Thibodeaux, and Ethan Vercher - 4<sup>th</sup> Place in 4x200 Relay

## **SENIOR DIVISION**

Anna Claire Owens - 3<sup>rd</sup> Place in Discus

Lily Herrmann - 5<sup>th</sup> Place in Discus

Noah Seely - 2<sup>nd</sup> Place in 400m, 5th Place in 100m, 5<sup>th</sup> Place in 4x100 Relay

Jack Gremillion - 5<sup>th</sup> Place in Discus

Liam Roquemore, Jack Gremillion, Jude Bonial - 5th Place in 4x100 Relay

# MIDDLE SCHOOL TRACK AND FIELD

The Middle School Track and Field Team hit the halfway point of the season on Sunday, March 30th at East Ascension High School with awesome results! The Junior Girls placed 1st in their division, the Junior Boys placed 2<sup>nd</sup>, the Senior Boys placed 4<sup>th</sup> and the Senior Girls finished 8<sup>th</sup>!

***Noah Seely broke the school record this weekend in Senior Boys 400m Dash!***

The following athletes scored points for our team:

## **JUNIOR DIVISION**

Hartley Cook - 1<sup>st</sup> Place in Discus and 2<sup>nd</sup> Place in Shot Put

Molly Luke - 1<sup>st</sup> Place in 800m and 2<sup>nd</sup> Place in 1600m

Peyton Smith - 2<sup>nd</sup> Place in 100m and 200m

Addison Ammons - 2<sup>nd</sup> Place in 800m and 3<sup>rd</sup> Place in 1600m

Stella Zaunbrecher - 3<sup>rd</sup> Place in 100m

Annie Bourgeois - 4<sup>th</sup> Place in 400m

Vanessa Armas-Fisher - 5<sup>th</sup> Place in 200m

Gabrielle Chustz - 5<sup>th</sup> Place in Shot Put

Andi Baker - 6<sup>th</sup> Place in 400m and 100m Hurdles

Peyton Smith, Vanessa Armas-Fisher, Ryleigh Sanders, and Stella Zaunbrecher - 2<sup>nd</sup> Place in 4x200m Relay

Catherine Malek, Audrey Buttross, Ainsley Prather, and Annie Bourgeois - 4<sup>th</sup> Place in 4x200m Relay

Andi Baker, Annie Bourgeois, Catherine Malek, and Stella Zaunbrecher - 4<sup>th</sup> Place in 4x100m Relay

Nathan Waggenpack - 1<sup>st</sup> Place in 800m and 1600m

Roman Blanche - 2<sup>nd</sup> Place in 400m, 3<sup>rd</sup> Place in 200m and 4th Place in 800m

Ty Prather - 2<sup>nd</sup> Place in 1600m and 3<sup>rd</sup> Place in 800m

Graham Prather - 4<sup>th</sup> Place in 400m

Graham Prather, John David Moses, Ethan Vercher, and Jack Ryan Thibodeaux - 2<sup>nd</sup> Place in 4x200m Relay

Graham Prather, Jacob Mullen, Ty Prather, and Nathan Waggenpack - 5<sup>th</sup> Place in 4x100m Relay

## **SENIOR DIVISION**

Violet Brust - 4<sup>th</sup> Place in 400m and 6<sup>th</sup> Place in 200m

Anna Owens - 5th Place in Discus

Emmy Wesley - 6th Place in Discus

Noah Seely - 1<sup>st</sup> Place in 400m

Carter Broggi - 2<sup>nd</sup> Place in 100m Hurdles

Jack Gremillion - 6<sup>th</sup> Place in Discus

Noah Seely, Liam Roquemoire, Jack Gremillion, and Jude Bonial - 2<sup>nd</sup> Place in 4x100 Relay



# 8TH GRADE VARSITY VOLLEYBALL

## 8th Grade Girls Varsity Volleyball Continuously Improving

Just past the midway point of the season, the girls are gaining confidence and improving with every match.

The Cougars won in 2 sets against STM on March 31st, and on April 7th they displayed their incredible growth and determination in a rematch with OLOM. The Cougars fought hard but just missed out on winning, they showed amazing progress by taking OLOM to a deciding 3rd set. Keep up the great work, Cougars!

This season, the 8th grade girls varsity volleyball roster includes: Brianne Besselman, Sophia Dellorano, Pia Freese, Sarah Graham, Grace Lemoine, Natalia Lisiakiewicz, Annie Losavio, Cecilia McGuffey, Zoe Nizzo. Coaches are Michelle Wright, Melissa Glover, and Blythe Waguespack.

**Mark your calendars for Monday April 28th at 7:45pm to come out and cheer the girls on in their final home game of the season. Let's show our Cougar pride and support these talented athletes!**



# MIDDLE SCHOOL TRACK AND FIELD

The Middle School Track and Field Team had a great meet on Sunday, April 6th at Catholic High School!

The Junior Girls placed 2nd in their division and the Junior Boys placed 5th!

Noah Seely broke the school record again this weekend in Senior Boys 400m Dash, Mason Graves broke the Senior Boys school record in Shot Put, and Violet Brust broke the Senior Girls school record in the 400m Dash!

The following athletes scored points for our team:

## **JUNIOR DIVISION**

Stella Zaunbrecher - 1st Place in Long Jump and 2<sup>nd</sup> Place in 100m

Peyton Smith - 1<sup>st</sup> Place in 100m and 3<sup>rd</sup> Place in 200m

Molly Luke - 3<sup>rd</sup> Place in 800m and 2<sup>nd</sup> Place in 1600m

Addison Ammons - 4<sup>th</sup> Place in 800m and 3<sup>rd</sup> Place in 1600m

Peyton Smith, Vanessa Armas-Fisher, Ryleigh Sanders, and Stella Zaunbrecher - 1<sup>st</sup> Place in 4x200m Relay

Addison Ammons, Vanessa Armas-Fisher, Ryleigh Sanders, and Stella Zaunbrecher - 2<sup>nd</sup> Place in 4x100m Relay

Catherine Malek, Annie Bourgeois, Della Nizzo, and Andi Baker - 4<sup>th</sup> Place in 4x200m Relay

Nathan Waggenpack - 1<sup>st</sup> Place in 800m and 2<sup>nd</sup> Place in 1600m

Ty Prather - 3<sup>rd</sup> Place in 800m and 6<sup>th</sup> Place in 1600m

Roman Blanche - 5<sup>th</sup> Place in 200m and 6<sup>th</sup> Place in 200m

## **SENIOR DIVISION**

Violet Brust - 3<sup>rd</sup> Place in 400m

Anna Claire Owens - 6<sup>th</sup> Place in Discus

Noah Seely - 1<sup>st</sup> Place in 400m

Jack Gremillion - 5<sup>th</sup> Place in Long Jump

Hudson Girior - 6<sup>th</sup> Place in High Jump

Noah Seely, Liam Roquemore, Jack Gremillion, and Luke Bailey - 4<sup>th</sup> Place in 4x100 relay

# 8TH GRADE JV VOLLEYBALL

**The 8<sup>th</sup> Grade JV Volleyball Team played MBS on Tuesday night at home.**

**They fought hard to win the second game and push it to a 3<sup>rd</sup> game. St. Jude came up just a little short in the 3<sup>rd</sup> game, but the girls played hard and are improving every game.**

**Take some time to catch a volleyball game, there are only a few left!**

# 7TH GRADE VARSITY VOLLEYBALL

## 7th Grade Girls Varsity Volleyball – Midseason Momentum!

The Cougars are deep in the heart of their volleyball season and giving it everything they've got! With high energy and determination, our team continues to battle through a packed schedule, showing grit, teamwork, and skill at every match.

Leading the team in kills recently are Ava LaCerte, Amelia Parker, and Olivia Nero, who continue to dominate in kills and keep the pressure on our opponents. In the setter spots, Ivy Hoang, Caroline Watts, and Bella Gardner are leading the team in assists, creating big plays and keeping the offense running smoothly. Elizabeth Thomas has made key passes on defense. From the service line, Laura Tucker, Hayes Alford, and Lily Harris have all delivered aces.

This Friday night, the Cougars hit the road to face St. Theresa, followed by another road matchup against MBS next week. After a well-earned Easter break, we return to take on Holy Family at home on Monday, April 28 at 6:45 PM. Come out and cheer for your Cougars as they finish the season strong!

Let's geaux, Cougars!





# 7TH GRADE JV VOLLEYBALL

## 7th Grade JV Volleyball – Rising Together!

The 7th Grade JV Volleyball Team is making great strides this season! Coached by Libby Trahan, this talented group is gaining confidence, sharpening their skills, and learning the importance of teamwork with every match.

This season's JV roster includes: Madeline Davis, Brynn Frazier, Leah Gossard, Julia Gravois, Lily Herrmann, Camille Kean, Emma Lefebvre, Sophia Neal, and Brylin Ulrich. Each player brings energy and enthusiasm to the court, and their progress has been exciting to watch.

The Cougars will be on the road for their next two matchups—this Friday at St. Theresa, followed by a visit to SJV. They'll then return home to face SAS on Wednesday, May 1 at 6:45 PM. Come out and cheer them on as they continue to grow and represent SJS with heart and hustle!





# FROM THE ATHLETIC DIRECTOR

Friday, April 11th Football Meeting for all interested tackle football athletes 3rd/4th grade (2025-2026 school year) at 6:00 p.m. in the St.Jude Cafeteria. This is a great opportunity to meet the coaches, ask questions, and know what to expect.

If you are interested in participating in tackle football for the 2025 - 2026 school year please use the link below to sign up:

[2025-2026 Tackle Football Sign Up](#)

We are ALWAYS looking for new coaches for our middle school athletics. If you do not have a child in middle school or know someone who may be interested in volunteering to coach middle school athletics please have them reach out to Lindsey McCombie at [lmccombie@stjudebr.org](mailto:lmccombie@stjudebr.org)

Please come out and support our 8th grade athletes in Track and Volleyball on April 28th for Senior Night @ 7:30 p.m. in the St.Jude Gym.

Sport Picture Days for 2025 - 2026 school year! Please plan accordingly!

Saturday, August 23rd starting @ 7:30 a.m.

Cheerleading

Cougarettes

Girls Basketball

Swim

Cross Country

Football

Saturday, December 13th starting @ 8:00 a.m.

Boys Basketball

Boys Soccer

Girls Soccer

Saturday, February 28th starting @ 8:00 a.m.

Track

Volleyball

Lacrosse

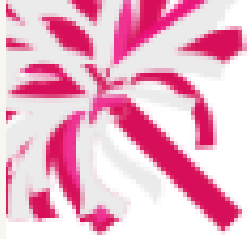
2025 - 2026 Athletic Tournament Schedule

Golf Tournament: Friday, September 12th @ Santa Maria

Varsity Girls Basketball Tournament: October 1st - October 5th

Developmental Girls Basketball Tournament: October 23rd - 26th

Varsity Boys Basketball Tournament: January 21st - 25th



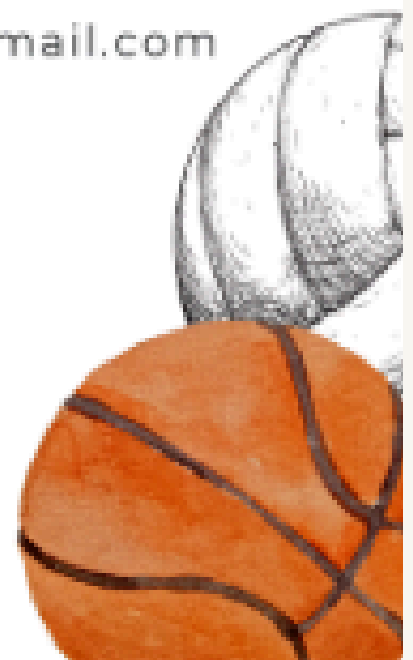
*7th and 8th grade*  
**ATHLETIC BANQUET**

On April 30th at 6:30pm

St. Jude Gym  
Dinner Provided!  
Parents and 7<sup>th</sup> /8<sup>th</sup> grade athletes only  
RSVP by April 23

Questions: email [mandycushing1@gmail.com](mailto:mandycushing1@gmail.com)

[RSVP HERE!](#)



# 2025 Cougar Volleyball

## CLINIC

JULY 8, 9, 10



experienced  
and  
skilled  
players welcome

INCOMING SJS 3RD - 8TH GRADERS

fundamentals  
drills  
skill building  
teamwork

QUESTIONS? EMAIL [JBROGH@STJUDEBR.ORG](mailto:JBROGH@STJUDEBR.ORG)

**COST: \$55 EARLY BIRD UNTIL MAY 16 | \$70 AFTER MAY 16**

GRADES 7 & 8 12:30PM - 2:30PM

GRADES 3 & 4 3:00PM - 4:30PM

GRADES 5 & 6 5:00PM - 7:00PM

**REGISTRATION DEADLINE: JUNE 20TH**

*Register  
Here*



\*MINIMUM 10 PLAYERS, IF NOT MET SESSION MAY BE CANCELED

# GOLF TOURNAMENT



Registration and more information to follow.

If anyone is interested in joining the golf tournament planning committee please email [sjscougarbc@gmail.com](mailto:sjscougarbc@gmail.com)





# ST. JUDE VOLLEYBALL

Date	Opponent	Location	Delgado 5th(R)	Musso 5th(B)	Boudreaux 6th(B)	Boudreaux 6th(R)	Trahan 7th(DII)	Broggi 7th(DI)	Williams 8th(DII)	Wright 8th(DI)
Mon, Mar 10, 2025	St. Aloysius - (W) St. Aloysius - (G)	JUDE JUDE	5:45 PM	6:45 PM						
Mon, Mar 17, 2025	Ascension Catholic St. George - (GN)	JUDE JUDE			5:45 PM			6:45 PM		7:45 PM
Tue, Mar 18, 2025	St. Aloysius - (L) St. Aloysius - (R)	JUDE JUDE	5:45 PM	6:45 PM	7:45 PM					
Thu, Mar 20, 2025	St. John - (W) Our Lady of Mercy - (W) St. George - (GN)	JUDE JUDE JUDE				5:45 PM	6:45 PM		7:45 PM	
Wed, Mar 26, 2025	St. George - (W) St. George - (D)	JUDE JUDE			5:45 PM		6:45 PM		7:45 PM	
Thu, Mar 27, 2025	St. Aloysius - (L) St. Aloysius	JUDE JUDE				5:45 PM		6:45 PM		7:45 PM
Mon, Mar 31, 2025	St. Thomas More	JUDE					5:45 PM	6:45 PM		7:45 PM
Tue, Apr 01, 2025	Catholic of Pointe Coupee	JUDE			5:45 PM		6:45 PM		7:45 PM	
Mon, Apr 07, 2025	Our Lady of Mercy Our Lady of Mercy - (B)	JUDE JUDE			5:45 PM			6:45 PM		7:45 PM
Tue, Apr 08, 2025	Most Blessed Sacrament	JUDE				5:45 PM	6:45 PM		7:45 PM	
Mon, Apr 14, 2025	Our Lady of Mercy - (W) Our Lady of Mercy - (B)	JUDE JUDE	5:45 PM	6:45 PM						
Wed, Apr 16, 2025	St. Jean Vianney St. Aloysius - (L)	JUDE JUDE				5:45 PM			7:45 PM	
Mon, Apr 28, 2025	Our Lady of Mercy - (B) Holy Family Our Lady of Mercy - (W)	JUDE JUDE JUDE				5:45 PM		6:45 PM		7:45 PM
Thu, May 01, 2025	St. Aloysius - (W) St. George - (F)	JUDE JUDE	5:45 PM			5:45 PM	6:45 PM		7:45 PM	
Tue, May 06, 2025	St. John - (B) St. John - (W)	JUDE JUDE				6:45 PM				
Wed, May 07, 2025	St. George - (W) St. George - (GN)	JUDE JUDE	5:45 PM	6:45 PM						